




PEACE AT HOME
PARENTING SOLUTIONS

**A wellbeing solution
to help parents thrive
at home and at work**



[Learn More](#)





PROBLEM: Parents Burdens Impact the Workplace

66%

of working parents are struggling with **“parental burnout”**

53%

of working parents miss work at least once per month due to concerns for their child's mental health

54%

of working parents **interrupt work** to address a family issue



Employee Productivity Begins **AT HOME**



Family-friendly companies are uniquely situated to **help both families and business thrive.**



By supporting parents in the workplace with accessible resources, **parents feel an increased sense of control and confidence.**

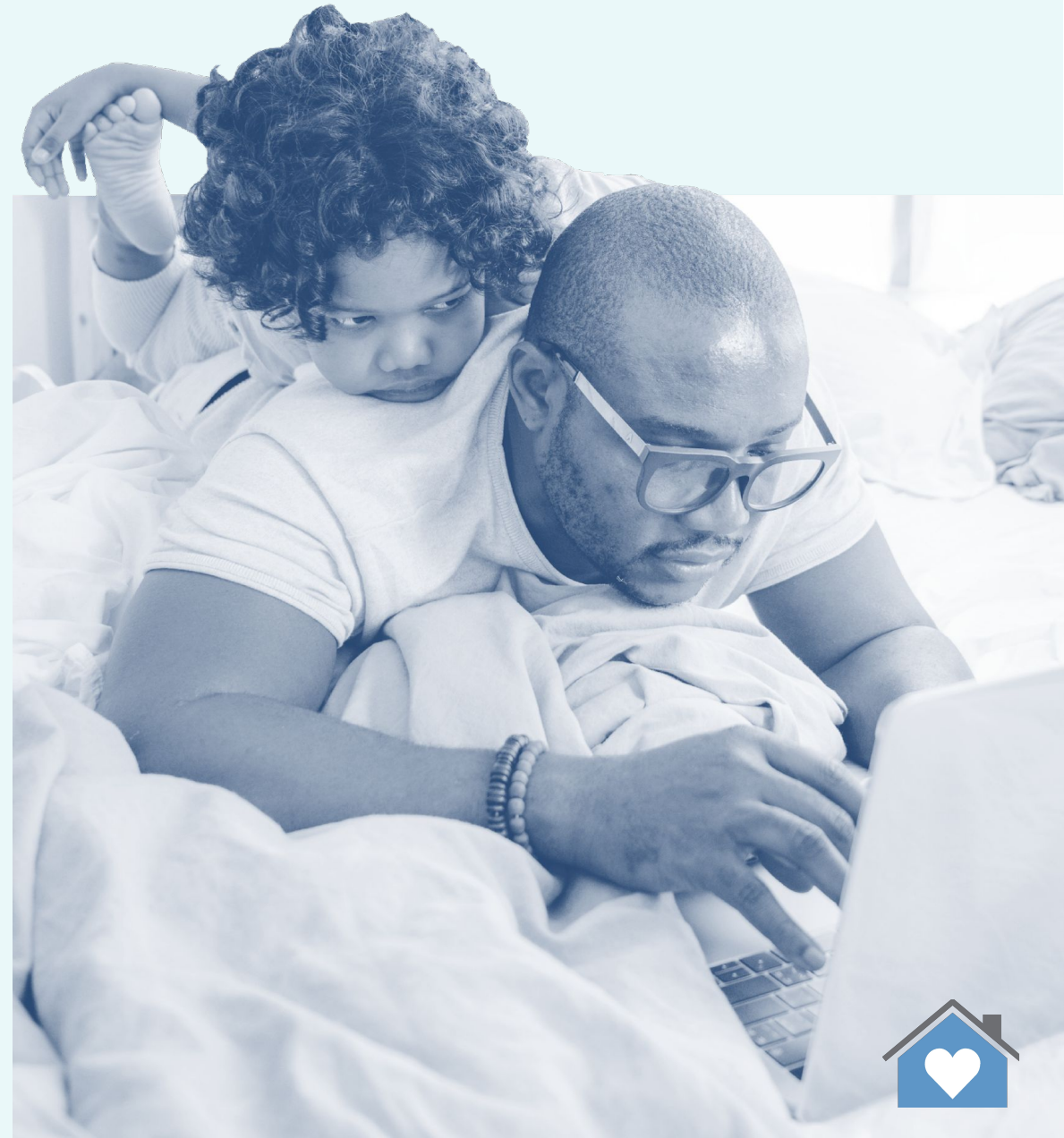


Companies benefit from **reduced absenteeism, presenteeism** and **improved productivity.**



77% of working parents consider **family-friendliness** through support/benefits their top priority in employers. (SHRM)

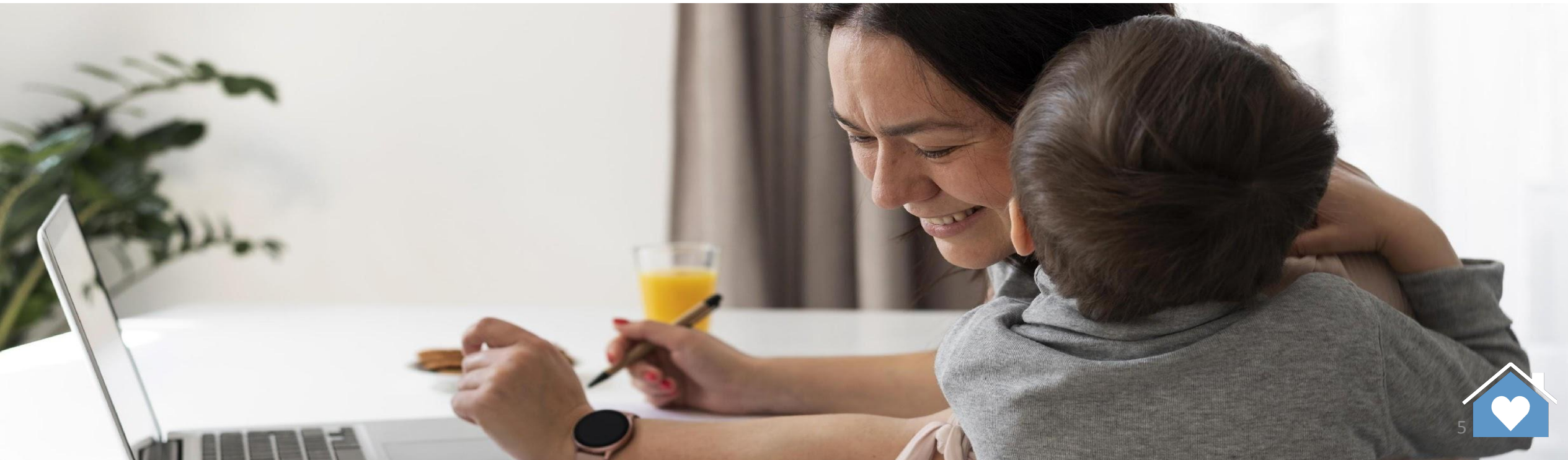
96% of Peace at Home parents report that having our support makes them feel **valued** by their employer



We help parents thrive at home so they can succeed at work.

Peace at Home Parenting is a toolbox of proven solutions and compassionate support that gives parents the clarity and confidence to build strong families.

Our team of advanced degree experts translate child development science into practical strategies parents use to effectively handle the expected challenges of raising children, from infancy through young adulthood, as well as the unexpected including parental burnout, the pediatric mental health crisis, world turmoil, and more.



Companies who trust Peace at Home to solve their working parents' toughest challenges



Unmatched expertise

Proven and compelling content

Experienced advanced degree specialists

- **Translate** research into evidence-based tools that give parents the clarity and confidence to respond to unexpected and everyday challenges
- **Deliver** solutions with insight, warmth, and compassion on topics from prenatal development through young adulthood
- **Connect** directly with parents during Live Interactive Classes, 1:1 Consultations and the Peace at Home Community

Meet our experts



Burnout is leading to **turnover**

*Give **Peace at Home** to all your employees
for less than the average cost
of recruiting and training one new employee*

The Solution is **Peace at Home**

Live Interactive
Online Workshops

On-Demand
Recorded Content

1:1 Consultations
With Our Experts

Community
Guides, Groups & more

Parenting Solutions Portal

A branded, login-protected toolbox of
Peace at Home resources to help
your working parents build strong families



Take a Quick Tour



Helping parents address challenges at home is **critical** to your company's success.

It's also **our mission**.

For more information

Email: Clients@peaceathomeparenting.com

Phone: 860-775-5106

Website: PeaceAtHomeParenting.com/corporate

Schedule a time to chat:

<https://calendly.com/peaceathomeparenting>



Peace At Home

Data

Testimonials

Programs





93%

corporate client
renewal rate



98%

corporate parent
satisfaction rating



What Working Parents are Saying

12

*Please spread the word, Ruth is amazing! Peace at Home Parenting is the **HOME DEPOT** for building a strong Family. We need to bring this message to everyone with children, NOW, not when they are struggling. They have the tools to help families THRIVE!*

- Dad at Travelers

*This was the best parenting webinar I have ever attended! **The content was clear, simple, and actionable.** The presenter was very knowledgeable and gave great suggestions. I look forward to attending more of these kinds of webinars!*

- Emory University

I loved the solutions that you offered to us and the techniques for managing these difficult conversations. I specifically liked the ones you listed for how to set intentions for some meetings that we have internally, especially when you know that the topic is a heated one.

- Omnicom

*This was **phenomenal content** and packaged in a very digestible way! **Good strategies mentioned**, loved that speakers took the time to answer questions. So knowledgeable and relatable! Really impressed!*

- Teladoc Health

*Helpful to have a space within work hours where it is **okay to focus on being a parent** and also **being in community with other parents/caregivers**, vs. needing to compartmentalize.*

- Ketchum

*What an incredible resource for MIT employees! **Blown away by the presentation and how simply the solutions were presented.***

- MIT



What Parents Are Saying

How have these classes helped support you at work?

Help make my time with my family quality time so that I feel like I have better work-life-balance and make me feel like a better parent which helps alleviate guilt about being a full -time working mother

- Emory University

As a mom, I often joke that I've worked a full day before I get to work, and I'll work another one after I logoff. There's a constant pull between the two and when either role (mom/work) gets more difficult or stressful, it pulls your attention. By having reinforcement that I'm not alone in struggling with these issues, help in understanding what I can do alone and when to call in help, and easy access to these resources, it helps mitigate the stress parenting adds to the mix.

- The Hartford

Having these courses available and easy to attend, without having to go out and find them myself, means that I'm able to focus more on my job instead of spending time researching things. They also make me feel valued as an employee, knowing that Yale sees value in giving their employees these types of resources as part of their benefits.

- Yale

They let me know that my employer values my children as well as myself and knows how important being a good parent is.

- The LEGO Group



What Our Clients are Saying

I hope the Hartford keeps contracting with you for these classes. Every class I've taken has helped me and my family tremendously.

- The Hartford

*Peace at Home works effortlessly, putting resources and ways for us to talk to our employees based on our wants/needs. Sometimes we are asking them to create a new topic or conversation, and it's been wonderful working with them on these customized projects. They provide such **a safe environment with encouragement and guidance**. I'm so proud that our company continues to provide our employees with this resource.*

- Omnicom

*Really appreciate this webinar, **actionable suggestions, real-life examples and openness to responding to the questions ...***

- ZipRecruiter



Proven Results

Parental support and increased perceived control are promising interventions.¹

Peace At Home delivers these needed interventions.

A University of Connecticut evaluation² reported the following outcomes:

- Increased feelings of being supported in parenting goals
- Increased sense of control and competence with their children
- Reduced ineffective discipline practices

After just one live session, Peace at Home achieved the gold standard of reduced dysfunctional parenting

1. Brown, Samantha M., et al. "Stress and Parenting During the Global COVID-19 Pandemic." PsyArXiv, 29 June 2020. Web

2. Russell, Beth, et. al. "Reducing Hostile Parenting through Computer Mediated Parenting Education" 77 (2017) 66-73.



The most powerful mental health intervention is *Parents*

Post-pandemic family life has been dramatically impacted by the perfect storm of working parent burnout in combination with the pediatric mental health crisis. Children and teens are suffering from anxiety, depression and suicide at alarming rates.

Parents are a notable missing piece
in most efforts to address teen suicide and most other pediatric mental health concerns.

Peace at Home seeks to correct this oversight by educating and nurturing
the most powerful mental health intervention known to humankind
the parent-child relationship

Parenting for Mental Wellbeing and the Family Safety Net programs support parents through their children's mental health challenges, empowering them with evidenced based information, tools and support to have the most meaningful impact on improving outcomes for their children.

We would appreciate the opportunity to share how we can work together to empower an army of parents and caregivers to pave the way for improved mental health outcomes for their children, creating positive generational change for their families and our world.

Please reach out at Solutions@Peaceathomeparenting.com



Live Interactive Workshops

Based in science, designed and delivered by Experts

Before a headline makes it to the front page, Peace at Home's experts are gathering research and translating proven concepts into easy to use tools and strategies

"Help Your Child Cope with Grief and Loss"

Anxious Children: What Really Helps?

"Mental Health Essentials for Parents: Knowledge and Skills to Support Your Child"

Another School Shooting - How To Help Your Child Feel Safe In An Unpredictable World

"Peace At Home In a World at War"

Who Owns the Problem? Hint, it's not you. How to Teach Problem Solving and Resilience

Take the Stress Out of Parenting

Handling Hot Topics with Your Kids and Colleagues

Positive Discipline For Peace at Home

Sugar and Screens: Feel Good Solutions that May Lead to More Problems and Less Happiness

Leave Your Stress at The Door to Make Your Home Your Child's Safe Place

"A Response to the Surgeons General Report on Social Media: A Parent's Guide to Knowing When to Hover and When to Step Back"

Less Conflict, More Solutions

Racism and Resilience: Stay Well and Do Good

Check out some of the Custom Workshops we host for our clients

